



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

0000

Anger, Uwe

00: running1252

00: 73

00: 100.20 km

100 Kilometer

0000:

Senioren M55 (55-59 Jahre)

000: 13:26:05

00: 7.44 km/h

0000: 8:02 min/km

00000/000: 103 (of 216)

00000/0: 88 (of 181)

000000: 8:48:12

00000: 12(of 28)

0000000: 9:25:18

0000

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	2:59:07	6:38	7	25:51	40	33:55	27.00	2:59:07	6:38	7	25:51	39	33:55
Floh-Seligenthal	27.00	3:23:53	7:33	13	57:16	85	1:02:53	54.00	6:23:00	7:05	9	1:23:07	57	1:36:48
Finsterbergen	22.00	3:25:29	9:20	16	1:11:54	116	1:25:27	76.00	9:48:29	7:44	11	2:35:01	77	2:59:23
Prefinish	23.70	3:36:08	9:07	19	1:25:32	120	1:38:05	99.70	13:24:37	8:04	13	4:00:33	88	4:37:28
Fröttstädt	0.50	1:28	2:55	13	0:15	84	0:29	100.20	13:26:05	8:02	12	4:00:47	88	4:37:53